

GOODERSTONE GAZETTE



WE 03 OCTOBER 2025

Team News

Curie

66



Einstein

64



Newton

53



This weeks winners are Curie

Class News

Owls & Goslings

This In Owls and Gosling we enjoyed our first SAW day of the year. The children explored floating and sinking. They tested many different objects to discover if they would sink or float and thought about why. They enjoyed making their own boats and testing to see if they would float or sink.

Kestrels

This week in Kestrels we have been completing our Artwork based on the sea. The children worked really hard at blending colours and creating an emotion through their brushstrokes. I am so proud of the children's work and can't wait to make an Art gallery for their incredible art.

Skylarks

We enjoyed a NO Plan Day on the topic of butterflies. We learnt the different parts of a butterfly body, how they taste and looked at butterflies. We learnt the different parts of a butterfly body, how they taste and looked at butterflies around the world. We made our own butterfly books and used our maths skill to make symmetrical butterfly wings. We have also enjoyed making armatures for our mashed up monster sculptures in art this week from cardboard and hope to add lots of detail in the next few weeks.

Star, Wow and Writer of the week

Owls

Wow - Aoibhin, For an excellent understanding if why people go to Church in RE

Star - Ophelia, For settling back into the routines so well and good listening

Skylarks

Wow - Alfie, For great writing in Billy and the beast

Star - Aliana, For always being enthusiastic on No Plan days

Writer - Matilda, For making her own non-fiction books in her own time

Kestrels

Wow - Flo, For fantastic Titanic work

Star - Toby, For excellent effort & perseverance

Writer - Ivy, For editing carefully

Kestrels PE

Kestrels will be starting Hockey next term, we recommend they wear shin pads and mouth guards as a precaution.

Diary Dates

- FOGS AGM 6 October 2:30pm
- Welly week 6-10 October
 - Info attached
- Harvest Festival 22 October
- Half Term 27-31 October
- School reopens 03 November
- School Photos 10 November

Clubs

Monday

Handbell 3:15-4:15

Wednesday

Boom whacker lunchtime (full)

Thursday

Art Club lunchtime

Mr B Gym & Fitness 3:15-4:15

**Whatever you do, work at it with all your heart,
as though you were working for the Lord**

Colossians 3:23



Contact Information

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<http://www.churchsidefederation.norfolk.sch.uk/gooderstone/>



Healthy Eating & Hydration

At school we encourage children to make healthy choices that will keep them happy, active, and ready to learn.

Snacks and Lunchboxes

Playtime snacks should be a simple healthy option such as fruit, vegetables, or a small sandwich. Chocolate and sweets are not allowed at playtime or in lunchboxes. Please also remember that we are a nut-free school—no peanuts or peanut products should be sent in.

Some lunchboxes are very full, and children cannot eat everything in the time available. A balanced lunchbox helps children enjoy their meal without feeling rushed. A good mix might include a sandwich or wrap, some fruit or vegetables, and one or two small extras such as cheese or yoghurt.

Research shows that children who eat a balanced diet with plenty of fruit, vegetables, and whole grains tend to have better concentration, improved behaviour, and more stable energy levels throughout the day. Diets high in refined sugars can cause spikes and drops in blood sugar, which may negatively affect attention, mood, and behaviour.

Water Bottles and Hydration

Children should bring a water bottle every day. Staying hydrated is important for health, concentration, and wellbeing. We encourage children to drink water, which is better for teeth and overall health.

If you feel your child must have squash in their bottle, please ensure it is sugar-free, not too strong, and in a non see-through bottle. Extra bottles of squash for top-ups are not allowed; once a child's bottle is empty, they can refill it with water only.

Thank you for supporting healthy and safe habits at school—together we can help children feel their best, stay safe, and be ready to learn every day!

Hair Reminder

For safety reasons, we ask that all long hair is tied back. This helps to prevent the spread of head lice and avoids hair becoming caught in equipment during play or learning activities. Please ensure that hair ties and accessories are small, plain, and appropriate for school—large bows, bright colours, or decorative attachments should not be worn.

The Friends



The Friends of Gooderstone will be holding their first AGM of the school year on Monday 6th October at 2.30pm in the school hall. The Friends play a vital part in the school community and all parents and staff, as members, are invited to support the AGM. If you are interested in becoming a committee member please contact us or come along to the meeting, there will be cake!

Optimistic October 2025

MONDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

TUESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

WEDNESDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

THURSDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

FRIDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

SATURDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?

31 Set a goal that brings a sense of purpose for the coming month

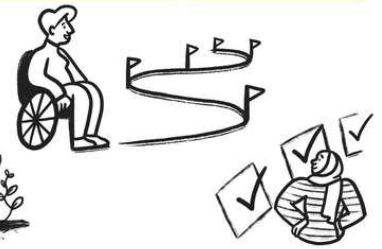
SUNDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face



ACTION FOR HAPPINESS

Happier · Kinder · Together

Mrs Copeland

We are really pleased to welcome our new school secretary, Mrs Copeland, to Gooderstone Church of England Primary Academy. She will be with us on Mondays, Wednesdays and Fridays, and we're excited for her to become part of our school family.



WE'RE TAKING PART IN WELLY WALK WEEK! 6TH - 10TH OCTOBER 2025

We are joining local charity Home-Start Norfolk for 'Welly Walk Week' raising funds and helping to give children the best start in life, one school run at a time! Ending on World Mental Health Day we are inviting you to take part in this fun fundraising week! We are encouraging you and your child to walk to school in your wellies for one week and collect sponsorship from friends and family. Each child that takes part will receive a sticker, colouring sheets and a certificate! By taking part, you're not just starting the day on the right foot - you're helping other families in Norfolk take their first steps toward a brighter future.

Where is the money going?

Last year Home-Start Norfolk supported **427** families, empowering parents to give their children the best start in life. We encourage you to collect donations to Home-Start Norfolk, to help them support even more families and children in our region. This is the difference your fundraising could make:

£5 could cover the cost of one hour of a volunteers time.

£15 could pay for a family to join a baby activity group.

£35 could cover the cost of one home visit for a family.

£400 could cover the cost of home visiting support for a family for 3 months.

Set up your JustGiving page or make a donation via the Home-Start Norfolk JustGiving Page : www.justgiving.com/campaign/wellywalkweek25

